

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in
Origin—Germ Still Unknown—Peo-
ple Should Guard Against "Droplet
Infection"—Surgeon General Blue
Makes Authoritative Statement.

Washington, D. C.—(Special.)—Al-
though King Alfonso of Spain was
one of the victims of the influenza epi-
demic in 1893 and again this summer,
Spanish authorities repudiate any
claim to influenza as a "Spanish" dis-
ease. If the people of this country do
not take care the epidemic will be-
come so widespread throughout the
United States that soon we shall hear
the disease called "American" influ-
enza.

In response to a request for definite
information concerning Spanish influ-
enza, Surgeon General Robert H. Blue
of the U. S. Public Health Service has
authorized the following official inter-
view:

What is Spanish influenza? Is it
something new? Does it come from
Spain?

"The disease now occurring in this
country and called 'Spanish influenza'
resembles a very contagious kind
of cold accompanied by fever, pains

Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

In the head, eyes, ears, back or other
parts of the body and a feeling of so-
vere sickness. In most of the cases the
symptoms disappear after three or four
days, the patient then rapidly recover-
ing. Some of the patients, however,
develop pneumonia, or inflammation
of the ear, or meningitis, and many of
these complicated cases die. Whether
this so-called 'Spanish' influenza is
identical with the epidemics of influ-
enza of earlier years is not yet known.

"Epidemics of influenza have visited
this country since 1647. It is interest-
ing to know that this first epidemic
was brought here from Valencia,
Spain. Since that time there have
been numerous epidemics of the dis-
ease. In 1889 and 1890 an epidemic
of influenza, starting somewhere in the
Orient, spread first to Russia and
thence over practically the entire civ-
ilized world. Three years later there
was another flare-up of the disease.
Both times the epidemic spread wide-
ly over the United States.

"Although the present epidemic is
called 'Spanish influenza,' there is no
reason to believe that it originated in
Spain. Some writers who have studied
the question believe that the epidemic
came from the Orient and they call at-
tention to the fact that the Germans
mention the disease as occurring along
the eastern front in the summer and
fall of 1917."

How can "Spanish influenza" be re-
cognized?

"There is as yet no certain way in
which a single case of 'Spanish influ-
enza' can be recognized. On the other
hand, recognition is easy where there
is a group of cases. In contrast
to the outbreaks of ordinary coughs
and colds, which usually occur in the
cold months, epidemics of influenza
may occur at any season of the year.
Thus the present epidemic raged most
intensely in Europe in May, June and
July. Moreover, in the case of ordi-
nary colds, the general symptoms
(fever, pain, depression) are by no
means as severe or as sudden in their
onset as they are in influenza. Final-
ly, ordinary colds do not spread
through the community so rapidly or
so extensively as does influenza.

"In most cases a person taken sick
with influenza feels sick rather sud-
denly. He feels weak, has pains in the
eyes, ears, head or back, and may be
sore all over. Many patients feel
dizzy, some vomit. Most of the pa-
tients complain of feeling chilly, and
with this comes a fever in which the
temperature rises to 100 to 104. In
most cases the pulse remains relative-
ly slow.

"In appearance one is struck by the
fact that the patient looks sick. His
eyes and the inner side of his eyelids
may be slightly 'bloodshot,' or 'con-
gested,' as the doctors say. There
may be running from the nose, or
there may be some cough. These signs
of a cold may not be marked; never-
theless the patient looks and feels very
sick.

"In addition to the appearance and
the symptoms as already described,
examination of the patient's blood may
aid the physician in recognizing 'Span-
ish influenza,' for it has been found

in this disease the number of
white corpuscles shows little or no in-
crease above the normal. It is possi-
ble that the laboratory investigations
now being made through the National
Research Council and the United
States Hygienic Laboratory will fur-
nish a more certain way in which indi-
vidual cases of this disease can be
recognized."

What is the course of the disease?
Do people die of it?

"Ordinarily, the fever lasts from
three to four days and the patient re-
covers. But while the proportion of
deaths in the present epidemic has
generally been low, in some places the
outbreak has been severe and deaths
have been numerous. When death oc-
curs it is usually the result of a com-
plication."

What causes the disease and how is
it spread?

"Bacteriologists who have studied in-
fluenza epidemics in the past have
found in many of the cases a very
small rod-shaped germ called, after its
discoverer, Pfeiffer's bacillus. In other
cases of apparently the same kind of
disease there were found pneumococci,
the germs of lobar pneumonia. Still
others have been caused by strepto-
cocci, and by others germs with long
names.

"No matter what particular kind of
germ causes the epidemic, it is now
believed that influenza is always
spread from person to person, the
germs being carried with the air along
with the very small droplets of mucus,
expelled by coughing or sneezing,
forceful talking, and the like by one
who already has the germs of the dis-
ease. They may also be carried about
in the air in the form of dust coming
from dried mucus, from coughing and
sneezing, or from careless people who
spit on the floor and on the sidewalk.
As in most other catching diseases, a
person who has only a mild attack of
the disease himself may give a very
severe attack to others."

What should be done by those who
catch the disease?

"It is very important that every per-
son who becomes sick with influenza
should go home at once and go to bed.
This will help keep away dangerous
complications and will, at the same
time, keep the patient from scattering
the disease far and wide. It is highly
desirable that no one be allowed to
sleep in the same room with the pa-
tient. In fact, no one but the nurse
should be allowed in the room.

"If there is cough and sputum or
running of the eyes and nose, care
should be taken that all such dis-
charges are collected on bits of gauze
or rag or paper napkins and burned.
If the patient complains of fever and
headache, he should be given water to
drink, a cold compress to the forehead
and a light sponge. Only such medi-
cine should be given as is prescribed
by the doctor. It is foolish to ask the
druggist to prescribe and may be dan-
gerous to take the so-called 'safe, sure
and harmless' remedies advertised by
patent medicine manufacturers.

"If the patient is so situated that he
can be attended only by some one who
must also look after others in the fam-
ily, it is advisable that such attendant
wear a wrapper, apron or gown over
the ordinary house clothes while in the
sick room and slip this off when leav-
ing to look after the others.

"Nurses and attendants will do well
to guard against breathing in danger-
ous disease germs by wearing a simple
fold of gauze or mask while near the
patient."

Will a person who has had influenza
before catch the disease again?

"It is well known that an attack of
measles or scarlet fever or smallpox
usually protects a person against an-
other attack of the same disease. This
appears not to be true of 'Spanish in-
fluenza.' According to newspaper re-
ports the King of Spain suffered an
attack of influenza during the epi-
demic thirty years ago, and was again
stricken during the recent outbreak in
Spain."

How can one guard against influ-
enza?

"In guarding against disease of all
kinds, it is important that the body be
kept strong and able to fight off dis-
ease germs. This can be done by hav-
ing a proper proportion of work, play
and rest, by keeping the body well
clothed, and by eating sufficient whole-
some and properly selected food. In
connection with diet, it is well to re-
member that milk is one of the best
all-around foods obtainable for adults
as well as children. So far as a dis-
ease like influenza is concerned, health
authorities everywhere recognize the
very close relation between its spread
and overcrowded homes. While it is
not always possible, especially in
times like the present, to avoid such
overcrowding, people should consider
the health danger and make every ef-
fort to reduce the home overcrowd-
ing to a minimum. The value of fresh
air through open windows cannot be
over emphasized.

"When crowding is unavoidable, as
in street cars, care should be taken to
keep the face so turned as not to in-
hale directly the air breathed out by
another person.

"It is especially important to be-
ware of the person who coughs or
sneezes without covering his mouth
and nose. It also follows that one
should keep out of crowds and stuffy
places as much as possible, keep
homes, offices and workshops well air-
ed, spend some time out of doors each
day, walk to work if at all practicable
—in short, make every possible effort
to breathe as much pure air as possi-
ble.

"In all health matters follow the ad-
vice of your doctor and obey the regu-
lations of your local and state health
officers."

"Cover up each cough and sneeze,
"If you don't you'll spread disease."

OVERTHROW OF KAISER SEEMS TO BE INEVITABLE

GERMANY READY TO ACCEPT
PRESIDENT WILSON'S TERMS
IF THEIR INTERESTS ARE
GUARDED.

Unconfirmed Rumors Declare Kaiser
Has Abandoned and Government
Capitulated—President's Message
Expected to Cause Unconditional
Surrender of Autocracy.

Germans To Be Disarmed?

Washington.—Officials here have
pointed out these means of taking
from Germany every agency with
which she could break her word in
case her plea for an armistice is ac-
cepted: The occupation by allied
forces of such places as Strasbourg,
Metz and Coblenz. The turning over
to the allies of her fleet and subma-
rine bases. The recall of her U-boats,
which cablegrams indicated she was
ready to do. The surrender of all mu-
nitions of war and the agencies by
which others might be produced. The
employment of the great war plants
of Germany in repairing the industrial
damage done in Belgium and France.

Western Newspaper Union News Service.

Washington.—News of Germany is
regarded here as the shadow of great
events being cast before them. There
is in Washington no official word that
the Kaiser has abdicated or that he
has been overthrown or that Germany
is ready to accept all of President
Wilson's terms. Officials and diplo-
mats, cautious and conservative by na-
ture and practice, regard with incre-
dibility the intimations that one or all
of these things have happened. Of
course, they all hope they have. They
all know that one or all of them are
inevitable. The official opinion in the
capital is that the coming of these
things is timed only by the unknown
degrees to which the German military
power has been broken. There may be
more information on that point in
the chancelleries of England, France
and Italy than there is in Washington.

When President Wilson's reply to
the German peace offer went forth it
was predicted here that if it did not
bring a complete and unconditional
surrender of the military autocracy
the German people themselves would
force one. President Wilson's words
were a plain invitation to the German
people to take such a step and an ul-
timate that there would be no peace
with Kaiserism. The coming hours
will show how the heavens has worked.
Intimations in dispatches from London,
Paris and Holland suggest the progress
of the ferment. Most significant of all
is regarded the report from Holland,
by way of London, that Germany will
reply immediately to President Wil-
son, accepting all his terms and asking
only for guarantees for the interests
of Germany and the German people.

If such a reply does come President
Wilson's only course will be to forward
it to the co-belligerents. The guaran-
tees for the interests of Germany and
the German people do not intervene as
an obstacle if guarantees are thought
of in sincere terms. If they are put
forth as another vehicle for a quibble,
an opportunity for diplomatic evasion
and trickery, or a negotiated peace,
they will meet only one reply. If they
mean guarantees for the integrity and
sovereignty of the Germany which is
rightfully German, always taking in
the determinations of the human be-
ings concerned, no obstacle is foreseen.
If they mean guarantees for the rights
of the German people to live their lives
under a peaceful, responsible govern-
ment which does not menace the life
of the world, President Wilson's utter-
ances on the subject, officials think, al-
ready have given the answer. If Ger-
many accepts all his terms and at-
taches the condition of such guaran-
tees it is considered that hardly less
could be expected of her.

Huns to Open Fire on Constantinople.

Washington.—With the Berlin-Con-
stantinople Railroad cut by the allied
occupation of Nish, Germany is rely-
ing upon its Black Sea fleet to hold
Turkey in line. Information has been
received at the State Department that
the Turkish Government has been told
by Berlin that the fleet will open fire
on the Ottoman capital at the first
sign of defection. This German fleet
consists largely of warships captured
from the Russians, but is believed
here to be strong enough to control,
for the present at least, the Turkish
Government.

THE EVERYDAY BATTLE

Battles are not all fought with cannon
and shell. The most vital are the everyday battles
against the debilitating tendencies that invite weak-
ness. For nearly five decades

SCOTT'S EMULSION

has been a definite help to millions in the trying
battles against weakness. Scott's is as rich
in blood-forming properties and as powerful in
strength-supporting qualities now as of yore.
Let Scott's Emulsion help you win your battles.

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PRESIDENT WILSON'S REPLY TO GERMANY

Washington.—President Wilson an-
swered Germany's peace proffer with
a note declaring anew that there can
be no peace with a German Govern-
ment controlled by a military autoc-
racy, and no thought of an armistice
while German atrocities continue on
land and sea. The official interpreta-
tion of the note, as openly expressed,
was:

"Autocracy must go." When the
time to consider an armistice comes,
the President said, the military ad-
visers of the United States and the allies
will be consulted, and no military ad-
vantage of the armies fighting the Cen-
tral Powers will be lost.

Text of President's Answer.

Washington.—The text of President
Wilson's reply to Germany follows:
"From the Secretary of State to the
Chancellor of Germany, at Berlin, in charge of German interests
in the United States.

"October 14, 1918.
"Sir.—In reply to the communication
of the German Government, dated the
11th inst., which you handed me to-
day, I have the honor to request you to
transmit the following answer:

"The unqualified acceptance by the
present German Government and by a
large majority of the Reichstag of the
terms laid down by the President of
the United States of America, in his
address to the Congress of the United
States on the 8th of January, 1918, and
in his subsequent addresses, justifies
the President in making a frank and
direct statement of his decision with
regard to the communications of the
German Government of the 8th and
12th of October, 1918.
"It must be clearly understood that
the process of evacuation and the con-
ditions of an armistice are matters
which must be left to the judgment and
advice of the military advisers of the
Government of the United States and
the allied Governments, and the Presi-
dent feels it his duty to say that no
arrangement can be accepted by the
Government of the United States
which does not provide absolutely sat-
isfactory safeguards and guarantees
of the maintenance of the present mil-
itary supremacy of the armies of the
United States and of the allies in the
field.

"He feels confident that he can safe-
ly assume that this will also be the
judgment and decision of the allied
Governments.

"The President feels that it is also
his duty to add that neither the Gov-
ernment of the United States nor, he
is quite sure, the Governments with
which the Government of the United
States is associated, as a belligerent,
will consent to consider an armistice
so long as the armed forces of Ger-
many continue the illegal and inhuman
practices which they still persist in.
"At the very time that the German
Government approaches the Govern-
ment of the United States with pro-
posals of peace, its submarines are en-
gaged in sinking passenger ships at
sea, and not the ships alone, but the
very boats in which their passengers
and crews seek to make their way to
safety; and in their present enforced
withdrawals from Flanders and
France the German armies are pursu-
ing a course of wanton destruction
which has always been regarded as in
direct violation of the rules and prac-
tices of civilized warfare.
"Cities and villages, if not destroyed,
are being stripped of all they contain
not only, but cities of their very in-
habitants. The nations associated
against Germany can not be expected
to agree to a cessation of arms while
acts of inhumanity, spoliation and de-
struction are being continued, which
they justly look upon with horror and
with burning hearts.

"It is necessary also in order that
there may be no possibility of misun-
derstanding that the President should
very solemnly call the attention of
the Government of Germany to the lan-
guage and plain intent of one of the
terms of peace which the German
Government has now accepted. It is
contained in the address of the Presi-
dent delivered at Mt. Vernon on the
Fourth of July last.
"It is as follows:

"The destruction of every arbi-
trary power anywhere that can sepa-
rately, secretly, and of its single
choice, disturb the peace of the world;
or if it cannot be presently destroyed,
at least its reduction to virtual impo-
tency.

"The power which has hitherto con-
trolled the German nation is of the
sort here described. It is within the
choice of the German nation to alter
it. The President's words just quoted
naturally constitute a condition pre-
cedent to peace, if peace is to come by
the action of the German people them-
selves.

"The President feels bound to say
that the whole process of peace will,
in his judgment, depend upon the
definiteness and the satisfactory char-
acter of the guarantees which can be
given in this fundamental matter. It
is indispensable that the Governments
associated against Germany should
know beyond a peradventure with
whom they are dealing.

CLASSIFICATION IS PROCEEDING RAPIDLY

QUESTIONNAIRES SOON TO GO
TO YOUTHS OF EIGHTEEN
AND OLDER MEN.

Influenza Epidemic Conditions Are
Such, in the Opinion of the General
Staff, as to Continue the Indefinite
Suspension of the October Draft.

Western Newspaper Union News Service.

Washington.—Classification by local
boards of men of the new draft regu-
lation has been so rapid that ques-
tionnaires soon will be sent to youths
of 18 and men between 27 and 46
years of age. Though required to regis-
ter on September 12, no action had
been taken as to these classes be-
cause of the intention to defer calling
them for service until all other avail-
able material has been exhausted, and
local boards were ordered not to send
them questionnaires. With their en-
rollment the work, described by Pro-
vost Marshal General Crowder as the
"classification of the United States,"
will be complete.

Reports showed that 550 local
boards out of 4,542 in the United
States had classified all registrants
between 19 and 47. Influenza epi-
demic conditions are such, in the op-
inion of the General Staff, as to con-
tinue the indefinite suspension of the
October draft calls, but it is intimated
that the next call will be of unusually
large proportions. Under new regu-
lations which have been issued by the
General Staff, governing the classifica-
tion in the army of men with phys-
ical defects, men fit for general serv-
ice are to be noted as Class A men on
military records, while men fit for
such service, if cured by operation or
other treatment, are to be noted as
Class B. Below these are established
Class C-1, in which men fit for "gen-
eral limited service," which is defined
as being in the service of supplies
overseas or in general service within
the United States, and C-2, to certain
men fit only for restricted duty within
the United States in capacity ap-
proved by medical officers. Class D
is for men unfit for any service.

Forest Fires Start Afresh.

Duluth, Minn.—Fanned by a wind
increasing in velocity, forest fires start-
ed afresh on a 25-mile stretch, about
60 miles southwest of here. Adjutant
General Rhinow and Governor Burn-
quist left Duluth for Lawler and Ait-
kin with 100 home guardsmen to aid
in fighting the flames. Five trains,
loaded with rescuers and fire-fighters
were standing on the outskirts of Du-
luth awaiting word of the progress
made against the fires. Reports from
the burned area state that the bodies
of 725 fire victims have been recovered.

Home! One is more than ever im-
pressed by the significance of that
word, when, even in the roughest lit-
tle hamlet, and most desolate looking
hut, it may mean so much to those
who were born in it. It is a beauti-
ful trait, this clinging to the very soil
of one's birthplace, sterile and unat-
tractive as it may be to those who
have no such associations.



Shoulders All Baking Cares

When CALUMET
comes in, all baking
troubles take quick
leave. You go right
ahead and mix up bak-
ing materials, for biscuits,
cakes—anything without fear
of uncertainty. Calumet makes
you forget failure.

CALUMET BAKING POWDER

is the most popular because it does give
the most perfect results. It has the big-
gest demand because it is the most re-
liable. The fact that it is the big-
gest seller proves that it is the best.
A trial will convince you that there is
no "just-so-good." Buy Calumet—if you
are not satisfied take it back and
get your money back.
Calumet contains only such ingredi-
ents as have been approved
officially by the U. S. Food
Administration.

You save when you buy it.
You save when you use it.
HIGHEST
QUALITY
HIGHEST
AWARDS

MOTHER! DON'T TAKE CHANCES IF CHILD'S TONGUE IS COATED

If cross, feverish, sick, bilious, clean
little liver and bowels.

A laxative today saves a sick child
tomorrow. Children simply will not
take the time from play to empty
their bowels, which become clogged
up with waste, liver gets sluggish,
stomach sour.

Look at the tongue, Mother! If
coated, or your child is listless, cross,
feverish, breath bad, restless, doesn't
eat heartily, full of cold, or has sore
throat or any other children's ail-
ment, give a teaspoonful of "Cal-
ifornia Syrup of Figs," then don't
worry, because it is perfectly harm-
less, and in a few hours all this con-
stipation poison, sour bile and fer-
menting waste will gently move out
of the bowels, and you will have a
well, playful child again. A thor-
ough "inside cleansing" is oftentimes
all that is necessary. It should be
the first treatment given in any sick-
ness.

Beware of counterfeit fig syrups.
Ask your druggist for a bottle of Cal-
ifornia Syrup of Figs, which has
of all ages and for grown-ups plain-
ly printed on the bottle. Look care-
fully and see that it is made by the
"California Fig Syrup Company."

Porto Rico Again Rocked.

Mayaguez, Porto Rico.—There were
more than a dozen distinct shocks here
in the course of the night, making less
secure the buildings damaged in the
earthquake. The exact number of
dead and injured among the inhabi-
tants of this city has not yet been de-
termined. The Red Cross estimates
that 700 families are homeless. Food
supplies are expected here in some ab-
undance as early as June, which is 100
miles from the coast. Five per cent of
the population are at Mayaguez.

YOU CAN'T FIND ANY DANDRUFF AND HAIR STOPS COMING OUT

Save your hair! Make it thick, wavy,
glossy and beautiful at once.

Try as you will, after an applica-
tion of Danderine, you can not find a
single trace of dandruff or falling hair
and your scalp will not itch, but what
will please you most will be after a
hair, fine and downy at first—yes—
few weeks' use, when you see new
but really new hair—growing all over
the scalp.

A little Danderine immediately
doubles the beauty of your hair. No
difference how dull, faded, brittle and
sraggy. Just moisten a cloth with
Danderine and carefully draw it
through your hair, taking one small
strand at a time. The effect is im-
mediate and amazing—your hair will
be light, fluffy and wavy, and have
an appearance of abundance; an al-
most comparable lustre, softness and lux-
uriance, the beauty and shimmer of
true hair health.

Get a small bottle of Knowlton's
Danderine from any drug store or tol-
let counter, and prove that your hair
is as pretty and soft as any—that it
has been neglected or injured by care-
less treatment. A small trial bottle
will double the beauty of your hair.

Germany Yields To Spain.

Madrid.—The Government, after a
long meeting of the Cabinet, gave out
a note stating that, after prolonged
and friendly negotiations between Ber-
lin and Madrid, Germany had accepted
Spain the cession of several of the
German ships interned in Spanish
ports. The vessels named are the
Euphrates, Euboea, Oldenburg, Kilo,
Moltke, Trinitad and Rudolph, with a
total tonnage of 21,000. Spain, it was
added, could also claim at a later date
tonnage to make good "previous
losses on other torpedoing."

Secretary Daniels Urges Speed.

Washington.—American shipbuild-
ers were called upon by Secretary
Daniels to speed up their output of
destroyers to meet the menace of the
new and greater submarine effort
which Germany is known to be plan-
ning. The Secretary began a series
of conferences with representatives of
the builders. Most of the plans are
working now early to expediting on
destroyers, but arrangements will be
made to lay down as many additional
vessels as possible.

Mines Damaged By Huns.

Paris.—It will be from 18 months to
two years before it will become pos-
sible to take out any coal from the
mines in the Lens region, which the
Germans damaged to the best of their
ability before they retired from the
city, an inspection of the mining prop-
erties has revealed. It is estimated
that it will take five years to restore
the normal production of the pits.

Negro Granted New Trial.

Charleston, W. Va.—Rock Young, a
negro, convicted by the Criminal Court
of Raleigh County of murder and re-
fused a writ of error by the Circuit
Court of Raleigh on his plea that he
had not received a fair trial because
negroes had been excluded from the
grand and petit juries which indicted
and tried him, was granted a new trial
here by the Supreme Court of Appeals.